

# Nebraska Office of Women's Health



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## **Mission & Vision:**

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The Mission of the Nebraska Office of Women's Health is to help women of all ages in Nebraska lead healthier lives.

The Vision of the Nebraska Office of Women's Health is healthy women throughout Nebraska, supported by a comprehensive system of coordinated services, policy development, advocacy, and education.

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## **Current Programs & Projects:**

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### ***New Dimensions of Health for Nebraska Women***

This planning project is designed to create better integration, coordination, and communication about and among women's health care for all Nebraska women.



### ***Statewide Walking Campaign***

Walking is one of the easiest ways to add physical activity to your day, and almost anyone can do it! Add a little walking and see how small steps can make a big difference.



### ***Women's Health Advisory Council***

This group, appointed by the Governor, is responsible for advising and serving as a resource for the Office of Women's Health in carrying out its duties as enacted by the Legislature in the Women's Health Initiative of 2000.

### ***The Heart Truth***

Heart Disease is the #1 Killer of Women. Learn the signs and symptoms of heart disease in women, and how to prevent it.



### ***Dimensions of Healthy Women***

Based on the 2006 Women's Health Daybook, this project encourages women to take time out of taking care of others to take care of themselves.

### ***Women's Health Symposium***

The Office of Women's Health takes the lead in planning the annual daylong conference focused on whole health issues impacting women's lives.

### ***Every Woman Matters***

This program pays for breast and cervical cancer and cardiovascular disease screening for low- to moderate-income women.



### ***Nebraska Colon Cancer Screening Program***

This Program can help you get your annual colorectal screening check-up. The program is for women and men 50 and older, who have limited or no health insurance, and have low or moderate income.



### ***Folic Acid Awareness Campaign***

The goal of this campaign is to increase awareness of the benefits of folic acid before, during, and after pregnancy.

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## Facts about Women in Nebraska:

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- Top Killers of Nebraska Women: #1 Heart Disease  
#2 Cancer  
#3 Cerebrovascular  
#4 Chronic Lung Disease  
#5 Alzheimer's Disease
- 2,291 Preterm babies were born in Nebraska in 2003
- 31% of Nebraska women report having arthritis
- An estimated 35,400 women in Nebraska have been diagnosed with cardiovascular disease
- 85.8% of Nebraska women over 18 have had a Pap test in the last three years
- 23.3% of Nebraska women have been told that they have high blood pressure
- 10.9% of Nebraska women have asthma
- 47.1% of women were classified as overweight or obese in 2002
- Only 31.3% of adults 50+ have had a blood stool test within the past 2 years
- 6.2% of women reported that they have been told by a doctor that they have diabetes.
- In 2004, only 42.1% of Nebraska women reported meeting recommended guidelines for moderate physical activity
- 1,794 Low birthweight babies were born in Nebraska in 2003
- Nebraska women rank 51st in cholesterol screening in the past five years
- Nebraska women rank 47th in the nation in eating five or more fruits and vegetables per day.
- Only one state had a lower percentage than Nebraska of persons 50 years of age and older who had ever been screened for colorectal cancer by sigmoidoscopy or colonoscopy

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